

Creation and consciousness

William C. Treurniet and Paul Hamden, December, 2013

(from the book, Primer of the Zeta race, 4th Edition)

Introduction

According to contemporary human science, our experiences originate from a universe of matter and energy. We accept that the universe began as a huge explosion long ago. This is described by the current *big bang* theory of cosmology, which holds that matter and energy and the space they occupy exploded into being when the universe came into existence. What came before is entirely unknown. Apparently, space emerged suddenly and mysteriously from a dimensionless point. From then on, the laws of physics determined how energy and matter interact and how material forms evolve over time.

We are accustomed to framing our perceptions in a three-dimensional space. A cup sitting on a table appears to have an existence that is independent of the consciousness that perceives it. We believe that all material constructs are formed from smaller particles of matter. We also accept that consciousness is an emergent property of sufficiently complex structures of biological matter we call brains.

What we think we know about the origin of the matter universe will need to be reinterpreted in order to accept the extraterrestrial science. Most importantly, we have to acknowledge that consciousness is fundamental to the creation of all things. This includes the beginning of our matter universe and our complex brains, as well as other dimensions of existence. The extraterrestrial perspective gives us the tools to understand mysterious phenomena that are often misinterpreted, ignored or rejected by our science.

This chapter reorganizes, clarifies, and adds to some of the complex information discussed in the other chapters. Important points are supported by direct quotes from the interviews with the extraterrestrials. Fundamental concepts required by the extraterrestrial science, such as the nature and role of consciousness, are addressed. The process of materialization seen in physical mediumship demonstrations is discussed, and a model of creation in non-physical energetic realms is described. Development of the model was based on concepts derived from statements made by the extraterrestrials. The validity of the model was affirmed by a Zeta in a later interview.

Redefinition of Frequency

The Zetas say that the cosmos, including matter, is a dynamic configuration of a conscious energetic entity. For lack of a better word, this entity was characterized as having the property of frequency. All the elements of creation are differentiated in this source energy field by resonations of different frequencies, or their lack of resonance. This characterization presented a major obstacle to our understanding. For us, frequency is defined in terms of units of time (e.g., cycles/sec). However, time is not considered a property of the source energy field by the Zetas, so we clearly do not share the same understanding of frequency. This discrepancy was addressed by the Zetas in an interview, and because of its importance, the relevant discussion is presented in its entirety as follows.

Zeta: *You have asked, how do we know what frequency is when we have no time, as it is a calculation based on a segment of this. Frequency is defined by us by the level of consciousness that an entity holds, and so as you move from one frequency to the other, your consciousness is placed in an expected state. No numerical values are able to be given to what frequencies exist between us and your realm. ... Now, before us, one's consciousness defines the frequency, we have only ever used that word as a comparative process to try to give some meaning to the difference and to provide some comparison between your race and ours. Do you understand what I am saying?*

Interviewer: Yes, thank you, I have a question to follow-up though.

Zeta: *Yes, of course, I was being pressed by other Zetas to answer your question because they felt that it was important.*

Interviewer: Yes, I think it is fundamental and that is why I raised it. So when you talk about frequency, you are using the term as an analogy for another process. But it actually increases the confusion, I think, for humans who have a definite understanding of what frequency is. You also increase that confusion by talking about resonance, because we would understand two different frequencies as resonating or being in harmony or not, and that reinforces our idea of what frequency is.

Zeta: *That is because you live in a frame-based thought process. If every time I spoke to you and I only spoke of consciousness, consciousness being in harmony, then you would not understand what I was speaking to you about. So we have come up with a very obviously impractical way of speaking to you in regards to the frequency process. We understand that your time segmentation process allows you to calculate accurately between frequencies. It is like comparing two incomparable processes, and so we have adopted your language to try to create some understanding between us.*

Interviewer: So that means that two different levels of consciousness can be more or less compatible with each other and that's what you mean by resonance?

Zeta: *Yes, of course, and now we will always speak to you in that level rather than using your understanding of frequency.*

Interviewer: I guess we should keep that because you've used the term in a number of different places.

Zeta: *Would you like to keep the standard discussion process as it is used?*

Interviewer: Yes, I think so, now that I understand ...

Zeta: *Well then we will concur with that. I will explain to you that myself and another entity would be in consciousness, but a different consciousness, and so the frequency between us would be different, because the consciousness would either be of an expanded or contracted nature. But when I make that statement, that gives you no indication as to what is the mathematical basis of consciousness for the standard way of calculating the consciousness, whereas when we first met the human we were able to say that generally the cyclic rate of the etheric body was 8 cycles per second according to the ticking of the clock within the room. This is a highly inaccurate process that we have allowed ourselves to become part of, but if we are to communicate with humans, we must adopt some of your thought patterns.*

Interviewer: Ok, this gives me permission to think about frequency as an analogy then.

Zeta: *Yes, thank you, I think it is time for us to move past the very rudimentary understanding of what is.*

The Zeta says that *frequency* was the word chosen from our vocabulary to refer to the level of consciousness that an entity holds. This word is semantically related to *vibration*, which we already associate with level of consciousness or emotional state in a spiritual sense. The Zetas have often mentioned the resonance of frequencies, and in this interview they agree that this refers to the degree of compatibility of states of consciousness with each other. When one state of consciousness is compatible with another, they are consonant and may resonate. If they are not compatible, they are dissonant and will not resonate. So the word 'frequency' was selected to best reflect this property of consciousness that is usually outside of our awareness.

As suggested to the Zeta, we should continue to use *frequency* to refer to level of consciousness, while being aware that it is an analogy. To do otherwise might confuse our understanding of information already given. However, we must also be aware that frequencies do not have real-numbered values in this context, but exist only on an ordinal scale. That is, a state of consciousness is either less than, the same as, or greater than another state. The more intervening states there are, the more their ability to resonate is impeded. In the following

discussions, we adopt this revised understanding of the meaning of frequency.

The Zeta concept of time

As noted above, our definition of frequency requires the concept of a rigid, linear time scale so that we can measure the number of events per unit of time. The Zetas, however, do not use this concept, and so when they adopted our word *frequency*, it was intended as an analogy for something different. It is hard for people indoctrinated in our modern cultures to imagine living without clocks, but the Zetas note that even many of earth's indigenous people have no concept of the time process. They observe that the energetic portion of our being (i.e., our spirit or consciousness) is not linked to the time process. Humanity invented clock time as a tool for understanding physical existence.

The Zetas' experience of time is living in the “now”. For them, *“time is a reference point, not a continuum”*. This means that they have expectations based on what is currently happening. For them, *“the process of existence is each task is completed and then the next task is moved on to”*. Coming events are not objectively mapped out on a future timeline as we often think they are. The Zetas' temporal experience consists of observing a sequence of events, while not expecting where they will occur on an artificial time scale.

However, this does not mean that the Zetas are unable to use our time-keeping devices for their own ends. A Zeta speaking through the medium used timed events to help maintain telepathic contact with the medium. From his point of view, time is elastic, and connecting to our timeline is a *“malleable”* process. He prefers to have a ticking clock in the séance room for better control of the connection. The ticking of the clock *“creates a permanent connection telepathically to the medium back to ourselves, and so each interval of second is used as a pulse from this room to where we are”*. The ticking clock generates a sequence of events that he can use to synchronize his more flexible subjective experience of the “now” with our self-imposed rigid experience of linear time.

Consciousness space

The extraterrestrials say that all existence is a particular configuration of an energetic dimension characterized by all possible states of consciousness. We could call it a consciousness space. The concept of a consciousness space may be difficult to grasp since we are accustomed to everything existing in a space that has length, width, and depth. Consciousness space is non-spatial in that sense and the only variable it has is the ordinal state or level of consciousness. These levels of consciousness are fundamental to the process of creation by an entity's thoughts.

While all things arise from the original source energy in consciousness space, there is a class or configuration of the energy that is self-aware. This special configuration forms what we understand as the soul. Its self-awareness distinguishes it from all other distortions in consciousness space. Since it is self-aware, this class of consciousness may act on and observe itself.

A thought of an entity is defined as a modulation of a particular state of consciousness, resulting in a distortion of the energy of consciousness. The distortion is said to be realized in a multidimensional grid, the configuration of the one-dimensional consciousness space into a second-order grid framework. The extraterrestrials suggested the analogy of a space-filling grid in our 3D space as a visual aid to help us understand.

Our physical universe developed in consciousness space as an act of creation by a conscious entity. Our current version of this event is the big bang, when matter and space/time burst into physical existence. The 3D domain we perceive is a direct consequence of combinations of resonations in the underlying consciousness space. These resonations are created by consciousness to form the fundamental particles that constitute matter in the physical universe. The properties of these particles determine the laws of attraction and repulsion that describe how matter interacts in predictable ways. Without the thoughts of the conscious entity that made the resonations in consciousness space, the forms we experience would not exist. In that sense, all is illusion.

Life is harbored in many places in the physical universe, and its behaviors are constrained by the physical laws defined at creation. But life also exists as conscious energy in other non-physical, energetic realms that we typically do not recognize. Like the Zeta extraterrestrials, some entities are able to function consciously in both the physical and energetic realms. Yet all forms of existence are defined in consciousness space.

The purpose of the soul, the self-aware class of conscious energy, is to strive “*for experience, comparison*”. For that reason, it consists of multiple fragments of consciousness having separate existences. Each fragment is unaware of the others, and this allows the soul to accumulate many independent experiences. In the human experience, a soul fragment is called a spirit which can incarnate in a physical body. The spirit consciousness is integrated with the physical body by an etheric body acting as intermediary.

The details of creation help us to understand that we are each a part of everything else in consciousness space. Each one of us is a resonance that conjoins with the resonations of the environment around us. As defined by a Zeta, to conjoin means “*that it is in resonance, so if two entities are to come together, two different frequencies, then the frequencies of the two entities must change so they can be conjoined and resonate together... one must reduce, the other must increase... until they are in harmony together.*” It follows that when we change our perceptions of where we are, we also change who we are at a fundamental level.

The process of creation

During the interviews, the Zetas did their best to convey in words the nature of the energetic environment. They explained that our understanding of objects and their separation in space is an illusion created by consciousness. All perceptions arise directly from particular configurations of consciousness, like perceiving a colour or taste associated with a particular physical stimulus. A stream of thoughts is experienced when consciousness continuously reconfigures itself in consciousness space.

A Zeta explained that objects are ultimately differentiated in terms of frequency, energy, and resonance. These terms were used repeatedly in answers to various questions. Eventually, an image coalesced of a process analogous to the making of a [hologram](#) by the interactions of coherent beams of light. This insight was consistent with the concept of consciousness space where analogous interactions might take place. These ideas suggested a possible mechanism for creation in the energetic realms.

With human technology, a simple hologram can be made with laser light, mirrors, and a transparent photographic plate covered with a light-sensitive material. When the apparatus is properly configured, the light creates an interference pattern on the photographic plate that represents objects in the room. Figure 1a shows a coherent beam of light split by a half-silvered mirror into two beams.

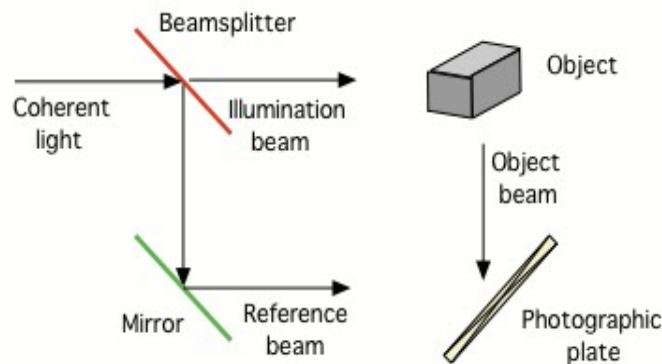


Figure 1a. Creation of a hologram

Half of the original beam's energy illuminates the object of interest while the other half is a reference beam directed with a mirror to a photographic plate. The reference beam combines with the light reflected from the object to form an interference pattern on the photographic plate.

Figure 1b shows how the object is reconstructed for a viewer looking through the developed photographic plate illuminated by the same reference beam. An image of the original object is reconstructed from the information in the interference pattern, and the object appears to the viewer in three dimensions. It will not appear if the reference beam has a frequency that differs from the original.

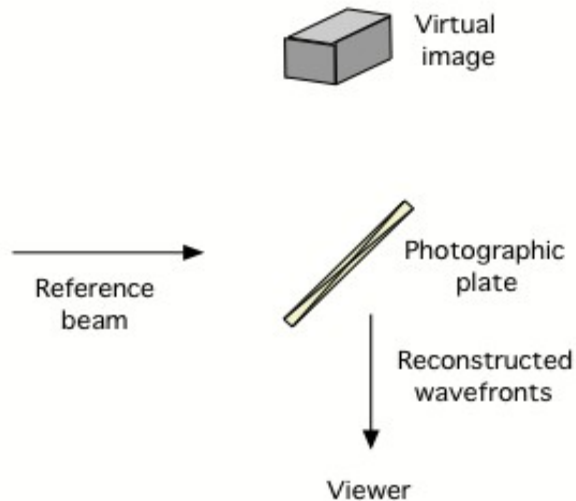


Figure 1b. Viewing a hologram

The interviews with the Zetas suggested that the holographic technique could be generalized to a model of the creation process in which an entity, or soul fragment, causes an object to be perceived merely by initiating the intent in the form of a thought. We are told that the intent forms "*the energy required to perform a function*".

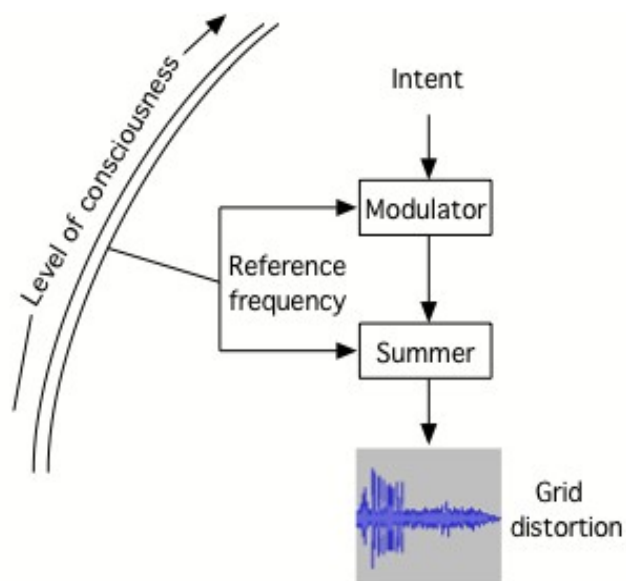


Figure 2a. Encoding an intention as a distortion in the grid.

Figure 2a outlines the process. The intent to create a particular object modulates a reference frequency selected from the 'level of consciousness' scale in consciousness space. The original and modulated reference signals are summed to form a distortion in the grid in consciousness space. This distortion is analogous to the exposed photographic plate containing the hologram representation in Figure 1a.

To experience the thought that originally created the distortion, an entity would decode the pattern using the reference frequency that created it (Figure 2b). This process is analogous to viewing the hologram in Figure 1b.

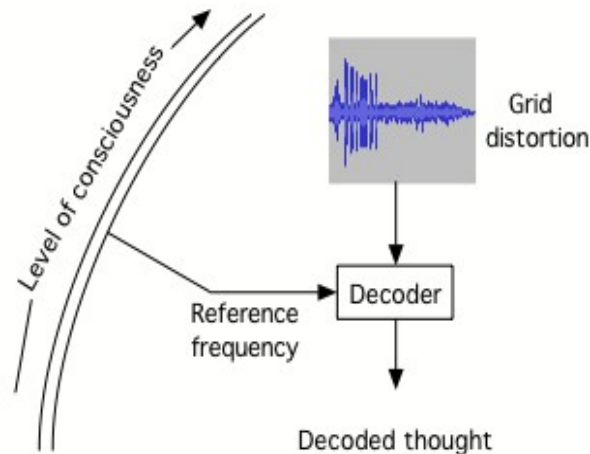


Figure 2b. Decoding a distortion in the grid.

This model of creation is important because it determines to a large extent the experiences that are possible in the energetic realms. When the opportunity arose, a Zeta was presented with the model in order to confirm its accuracy. The following is a transcript of that interview.

Interviewer: In my study of what you have told us, I've tried to form a coherent model of what might be happening in the consciousness realm, and I would like some kind of confirmation that my ideas are correct.

Zeta: *And what are your ideas?*

Interviewer: You often talk about a spirit's state of existence, and that the state of existence is characterized by a highest possible frequency. Different people have different states of existence; therefore, there is a variability in this frequency. This consciousness, when it creates something, uses this highest possible frequency in order to do so. Now, let's say that I wanted to create an object using my thought processes. I would use the frequency available to me in my state of existence, and I would change that frequency according to the object that I want to create. Then the result of that would conjoin with the original highest possible frequency, and the resulting resonance would form a representation of the object in the grid. This becomes what I would consider a public representation, and if someone else comes along and is able to generate the same highest possible frequency, they can also experience the thought form that I have placed in the grid.

Zeta: *That is correct, yes. I do agree with what you have said.*

Interviewer: Thank you very much.

Zeta: *Let me add though that the consciousness of an entity is creating at it's highest possible frequency, and so,*

once the, we will say object, although the object could be many forms of a ... then another entity operating at that frequency or higher would be able to access the object, but only beings at that frequency and above.

Interviewer: Right, so this means that if a being were operating at a high frequency and creating objects using that frequency, someone operating at a lower frequency would not be able to experience the same thing.

Zeta: *No, not at all.*

This exchange confirms that the model depicted in Figure 2 is basically correct. As with the hologram analogy, a being cannot experience an existing distortion of consciousness if it does not have access to the reference frequency used to create it. The Zeta commented elsewhere, *“You are a creator. If it exists, it exists for you.”*

The Zeta has also said, *“Each time you act in a loving way towards each other, you are raising your vibration.”* This comment relates higher frequencies to emotions like love and compassion, and implies that lower frequencies are related to emotional states lacking love such as fear and hate. Since a being's ability to love is coupled with the highest possible frequency it can use to create with intent, its 'highest possible frequency' will rise when it becomes more loving. We were also told that *“people seek insight and expanded consciousness”*, and so we are given to understand that the range of available frequencies is expanded rather than shifted upward.

The coupling of highest-possible-frequency with the ability to love is examined further in the same interview.

Interviewer: Is it true that this scale of frequency that is used to create is correlated with the ability to love? Higher frequency entities are more able to love?

Zeta: *I would agree.*

Interviewer: So that means then that a being can avoid interacting with low frequency beings simply by increasing its state of love.

Zeta: *But the being that is in love would not avoid interacting with any entity under that frequency.*

Interviewer: Right, because a high frequency being is capable of ...

Zeta: *It is the dominating process.*

Interviewer: But people often talk about low frequency entities and being in fear of them. According to my way of thinking, the best way to deal with a low frequency entity who may wish to harm is to project your love onto this entity.

Zeta: *If you are able to produce that frequency.*

Interviewer: Yes, if you are able.

Zeta: *But, if you were in fear of the entity, you would be at an operational level that would equal that frequency, as you would be in fear. But if you were in a frequency that was higher than that of the other frequency, then you would not be in fear of it.*

Interviewer: Right, so the best defense is to be able to love this entity that you fear ...

Zeta: *That you do not fear.*

Interviewer: ... so that you do not fear it anymore.

Zeta: *That is correct.*

The Zeta confirmed that beings without love cannot intrude on the experiences of more loving beings who create with higher frequencies. On the other hand, when a being becomes more loving and is able to create with higher

frequencies, it does not lose access to encounters with lower-frequency entities. The Zeta tells us that a higher frequency process cannot be overwhelmed by lower-frequency processes.

The creation process appears to be such that environments created by loving and compassionate beings cannot be invaded by fearful, aggressive or generally egotistical beings. However, a loving being can enter a realm populated by less loving beings.

In our physical realm, it is not immediately evident that this principle applies. The reason may be that humans are born having a relatively low level of consciousness that cannot perceive the creations of a higher level consciousness. Survival of the physical body is a strong motivator in a human's life, and this goal is generally achieved by placing the needs of self over others. Also, given the current widespread materialistic world view, humans may not be able to form the proper intent required to create, although it has happened on a small scale (e.g., McTaggart, 2007). Anomalous creative acts on a larger scale that have been reported (e.g., Talbot, 1991) may be due to the occasional development by a human of a higher level of consciousness.

Materialization

The previous section described the creation of thought forms in the energetic realm. Clearly, such freedom to create with intent is much less prevalent in our physical universe, and occurs only under special conditions. In particular, physical mediumship séances create conditions that allow materializations of ectoplasm and apports. Ectoplasm is a fabric-like material that is secreted from the orifices of a medium. It can configure itself into complex shapes, and it quickly disappears at the end of the séance. An apport is a material object that appears out of thin air and has all the properties of a natural or manufactured object. The apport persists after the séance is over. We learned that creating matter in our physical realm is more complex than creating in the energetic realm with the holographic-like process described above.

All physical matter is represented ultimately as distortions in consciousness space since this is the foundation of all that is. The distortions underlying matter can be created and experienced in the energetic realms at a given level of consciousness by entities operating at that level. For example, people having an out-of-body experience say they see a world that is almost like the familiar physical world, but more malleable. What they see are energetic bodies that may have been templates for creating a particular structure in the physical realm.

The template holds the information about the physical composition and form of the object to be materialized. The particles of matter required to fill a template for the formation of ectoplasm are obtained from the body of the medium if available. In particular, water in the body is decomposed so that the hydrogen and oxygen ions can be rearranged into a more complex molecular structure. A possible material for ectoplasm made via this process is cellulose. Its molecules would be formed from the oxygen and hydrogen ions, and the carbon required would be extracted from the medium's body as well, or created.

All the required elements for forming ectoplasm or an apport may not be present in sufficient quantities in the medium's body. For example, some apports are made of relatively large amounts of copper, zinc, or other metals. If the required elements are not locally available, they are created as needed. A consciousness does this by drawing together particles of finer matter that exist beyond our world of gross matter. We learned from the Zetas that matter has a spectrum of granularity, and we are normally aware of only the coarsest end of the spectrum. A subatomic particle like the electron was given as an example of finer matter, and in a theory proposed by a human scientist (Hotson, 2002a, 2002b, 2009), configurations of electrons form particles like neutrons and protons. The finer matter is made to coalesce into gross matter such as atoms according to the pattern specified by the energetic template.

An apport persists after a séance ends because its energetic body persists. It is often an exact copy of the energetic body of an already existing physical object, and it seems to be permanent for that reason. Ectoplasm, on the other hand, dissipates at the end of the séance precisely because its energetic body fails to persist. The energetic body of ectoplasm is constructed and maintained by a spirit entity during the séance, so it disappears after the spirit departs and the associated physical material loses its integrity.

We have learned that the materialization process in the séance room may involve the rearrangement of existing matter taken from the medium's body. As well, it can require the creation of new coarse matter. This is described as a drawing together of finer matter by consciousness. It is tempting to generalize this to the creation process that might have occurred at the time of an event like the [big bang](#).

According to the big bang cosmological model, the initial energy from the eruption was converted to subatomic particles like protons, neutrons, and electrons, and these formed elements like hydrogen, helium and lithium. One can imagine energetic templates defining those subatomic particles and atomic structures. Such templates, created by consciousness as distortions in frequency space, would specify the desired properties of matter and facilitate the formation of coarse matter from finer matter.

A Zeta was asked how the finer matter originated. He replied that *“they have always existed as part of the fabric of this universe.”* He added, *“Consciousness holding itself into conscious states creates matter”*, suggesting that fine matter, like an energetic body, arises from distortions in consciousness space. Also, *“As a consciousness would bring to itself finer matter, it creates a process of materialization.”* That is, fine matter brought into being as a “conscious state” would be further acted upon by consciousness to form coarse matter. Finally, consciousness *“intermingles with the finer physicality, drawing to itself the molecules of the process.”* This act of consciousness would appear to be the creation of certain energetic templates in consciousness space. These would be designed to encourage existing finer matter to organize into structures of coarse matter.

Given our model of creation that was approved by the Zetas, the entity who created the physical realm via its intentions in the energetic realm, must have a higher level of consciousness than a spirit in human form. It created configurations in consciousness space that we can modify very little using only our conscious intent. Our limited ability to do so suggests that we do not have easy access to the higher state of consciousness used by the entity to create. It follows that it is a more loving entity than we are.

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